
Garlic Scapes 101

Wait... garlic *what?*





What's a Garlic Scape?

Garlic scapes are the curly flower stalk of hard-necked varieties of garlic. Removing the scape in June allows the plant to put more energy into formation of the garlic bulb, increasing bulb size by up to 30%. Scaping the plant produces a larger, more flavorful garlic bulb later in August, and the scape just happens to be edible as well.

Scapes taste mild and sweet, like chives or scallions, but with a hit of unmistakable garlicky flavor. Raw garlic scapes are crunchy like green beans or asparagus. Garlic scapes start out tender, but get tougher as they mature.

Incidentally, if you don't cut the scape off, it will eventually straighten up and bud into a flower.

How to store:

Garlic scapes keep well in a plastic bag in the fridge for two to three weeks. They will also keep for a few days (and will look beautiful) in a glass with a little cool water in it, on the counter in a cool room. Change water daily.

Substitutes:

Chives, scallion tops, ramp leaves, garlic (but go a bit lighter in quantity)



The garlic scape forms a curlicue.

How to Prep:

Raw garlic scapes are crunchy like green beans or asparagus, but you can eat scapes raw or cooked, whole or chopped. To prep, just trim and discard the stringy tip of the scape and the bottom woodier part of the stem. Cut crosswise, either minced or in large sections, depending on how you will use it.

Best Uses:

Salad dressing
Pesto or Aioli
Grilled
Salads (raw)
Saute
Compound butter
Roasted
Hummus
Stir fries
Pickled or Vinegars

Soups
Tempura
Pizza topping
Pasta salad
Italian dishes
Flower Centerpiece
Veggie stock
Dip
Frittatas or scrambled eggs
Anywhere garlic is used!

How to Freeze Garlic Scapes:

1. Wash the garlic scapes.
2. Chop garlic scapes into 1/8- to 1/4-inch sections. Or just leave them whole for freezing.
3. Place garlic scapes into a cheesecloth bag or fine mesh strainer and blanch in boiling water for 30 seconds. This is important to kill any bacteria or micro-organisms.
4. Immediately dunk them into a bowl of ice water for 30 seconds to stop the cooking process.
5. Spread garlic scapes thinly on a cookie sheet and freeze. Freezing initially on a cookie sheet helps prevent clumping.
6. Place frozen garlic scapes in a freezer bag or sealable plastic container and store in the freezer. Use within a month.

How to Get Rid of the Garlic Smell?

Handling scapes will make your hands smell like garlic. To remedy this, wash your hands with soap and water. Then rub your hands with something made of stainless steel.



Suggested Recipes:

White Bean and Garlic Scapes Dip

Adapted from the New York Times

Ingredients:

1/3 cup sliced garlic scapes (3 to 4)

1 tablespoon freshly squeezed lemon juice, more to taste

1/2 teaspoon coarse sea salt, more to taste

Ground black pepper to taste

2 can (15 ounces) cannellini beans, rinsed and drained

1/3 cup extra virgin olive oil, more for drizzling

Directions:

In a food processor, process garlic scapes with lemon juice, salt and pepper until finely chopped. Add cannellini beans and process to a rough puree.

With motor running, slowly drizzle olive oil through feed tube and process until fairly smooth. Pulse in 2 or 3 tablespoons water, or more, until mixture is the consistency of a dip. Add more salt, pepper and/or lemon juice, if desired.

Spread out dip on a plate, drizzle with olive oil, and sprinkle with more salt.

Yield: 1 1/2 cups.

Garlic Scape Dressing

Recipe adapted from daphnesdandelions.blogspot.com

Make this dressing to top your beautiful head of lettuce this week. It also makes a nice dressing for a pasta salad, or use it as a marinade for chicken breasts. Makes about $\frac{3}{4}$ c dressing.

Ingredients:

1 oz garlic scapes

$\frac{1}{4}$ c olive oil

$\frac{1}{4}$ c white wine vinegar (I use balsamic)

1 heaping tablespoon honey

1 T Dijon mustard

$\frac{1}{4}$ t salt

Pepper

Directions:

Throw it all in a food processor and puree until smooth. Taste and adjust the seasoning as necessary.

Simple Roasted Garlic Scapes

Ingredients:

1 Bunch of garlic scapes
Butter
Olive oil
Salt and freshly ground black pepper

Directions:

Preheat oven to 375 F for 20 minutes.
Wash and then chop the scapes into smaller more manageable lengths.
Brush a roasting pan (lined with foil) with olive oil.
Lay the scapes on the oiled cookie sheet. Sprinkle with kosher salt and freshly ground pepper. Roast at 350 degrees for about twenty minutes.
Serve with a dish of melted butter to dip them in.

Simple Grilled Garlic Scapes

Ingredients:

6 garlic scape
olive oil
salt and pepper
lemon juice

Directions:

Toss garlic scapes with a little olive oil, salt and pepper. Grill over medium-high heat for about 2 minutes, turning once halfway through cooking.
The flavor is reminiscent of grilled asparagus and surprisingly very different from the flavor of the raw scapes.
Finish with another sprinkle of salt if desired and perhaps some lemon zest or a sprinkle of fresh lemon juice.

Garlic-Scape Pesto

A great way to use those garlic scapes! Add about 2 tablespoons of pesto to cooked pasta and stir until pasta is well coated.

Ingredients:

1/3 c walnuts

3/4 c olive oil

1/2 c grated parmigiano cheese

1/2 t salt

black pepper to taste

1 c garlic scapes, cut into 1/4-inch slices

Directions:

Place scapes and walnuts in the bowl of a food processor and process until well combined and somewhat smooth. Slowly drizzle in oil and process until integrated.

With a rubber spatula, scoop pesto out of bowl and into a mixing bowl. Add parmigiano to taste; add salt and pepper.

Makes about 6 ounces of pesto. Keeps for up to one week in an air-tight container in the refrigerator. You can also freeze it in a Ziplock bag.

Pickled Garlic Scapes

Adapted from www.foodiewithfamily.com

Yield: 2 Pints of Pickled Garlic Scapes

Ingredients:

2 bunches garlic scapes (washed and trimmed of any withered or brown areas)

1 1/2 cups apple cider vinegar

1 1/2 cups water

2 tablespoons kosher salt

2 tablespoons sugar

Additional ingredients PER PINT:

1/2 teaspoon black peppercorns

1/2 teaspoon mustard seed (not ground mustard)

1/4 teaspoon crushed red pepper flakes (can omit if you're sensitive to heat)

1/4 teaspoon coriander seeds (not ground coriander)

Directions:

Coil each garlic scape and insert into a sterilized Mason jar. When you have filled the jar to within 1/4 -inch of the top of the jar, coil or break any extra scapes and stuff them down into the center of the jar. When the jars are full of scapes, add the spices to each pint jar. Set aside.

Bring the apple cider vinegar, water, salt, and sugar to a boil, stirring until the salt and sugar are dissolved. Carefully pour the boiling brine over the garlic scapes. The garlic scapes will probably pop up and look like they are trying to get out of the jar. Use a butterknife to push it back into the jar. Wipe the rims of the jars, then fix the lid tightly into place. Let the jars come to room temperature before storing in the refrigerator for 6 weeks before opening and tasting.

The pickled garlic scapes will store well for up to 8 months when stored tightly covered in the refrigerator. If at any point the scapes stick above the brine and develop mold, remove the entire scape that has mold. The rest should still be alright.

Garlic Scape Lemon Compound Butter

from www.relishments.com

Ingredients:

1 stick salted butter, softened

1-2 garlic scapes

zest, from 1/4 of a lemon

Directions:

Chop the garlic scapes into small pieces, about a quarter of an inch each. Add the pieces to the bowl of a food processor and chop until fine.

Add the butter (you may need to give it a rough chop in order for it to fit in the food processor) and the lemon zest to the garlic scapes.

Puree in the food processor until all ingredients are evenly combined

Storage:

For immediate use, place the compound butter in a jar or plastic container. Store in the fridge for up to a couple weeks

For longer term storage, place the compound butter on a piece of wax paper, roll it into a log and twist the ends. For additional protection, place the roll of butter into a plastic zipper bag. Store in the freezer for 2-3 months.

Garlic Scape and Cherry Tomato Pasta

Adapted from Saveur

Ingredients:

Kosher salt and freshly ground black pepper, to taste

1/2 lb. spaghetti

2 tbsp. olive oil

10 garlic scapes

1 pint multicolored cherry tomatoes

1 red onion, thinly sliced

1 cup baby arugula

1 lemon, zested and juiced

Directions:

Heat oven to 400°.

Bring a large pot of salted water to a boil; add spaghetti and cook, stirring occasionally, until al dente, about 8 minutes. Drain pasta and keep warm.

Toss olive oil, garlic scapes, tomatoes, red onion, salt, and pepper and spread in an even layer on a baking sheet. Roast for 12–15 minutes, until tomatoes are just beginning to burst.

Remove from oven and toss with spaghetti, arugula, and lemon zest and juice. Serve immediately.